



Where The Land, Food, and People Come Together!

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Distribution Week #16

## Field Walk...

Although we are a little over half way through our season, we are almost finished planting everything! At the beginning of the season, according to my planting calculations, we were going to transplant over 50,000 seedlings in 400 beds. On Friday afternoon, under an ominous sky, Segue and I transplanted our last succession of broccoli and the first of the fall lettuce. (We only picked up another 1/4 inch--but every bit helps!) Now, we have only ten more beds to go, including a few more spinach beds, the last of the lettuce, a few greens, and garlic. Four hundred times, Segue or I have tilled the soil, hooked up the seeder to mark the beds, loaded up the truck with plants, pulled transplant plugs from plastic trays and dropped them in the rows, and on our hands and knees, dug a hole and tucked them in; or filled our seeder's hoppers with different varieties of seeds and seeded rows upon rows. And now, only ten beds left. And only ten weeks left after this one. Where has the season gone? Into your stomachs, I hope!

Both Segue and I feel like the hardest work is out of the way. Yes, there will be some back breaking winter squash harvests and we still have half the onions to bring in, and fifteen rows of potatoes to dig up, and spinach and carrots to weed...but, we've officially deemed the farm on cruise control. That's good. We're tired of pushing hard on the gas. Our fall plantings of broccoli, kale, collards, cauliflower, cabbage, brussel sprouts, beets, rutabagas, and turnips have been in the ground since mid-July and with serious irrigation have managed to make it through the scorching August heat fine. They have all been weeded, sprayed with Bt and covered against cabbage moths, and are doing their thing. We expect our first broccoli harvest in three weeks or so and then it is a virtual green mud slide with the return of kale and spinach and romain lettuce. If you have been contemplating skipping out on the fall harvest--think again! We are shaping up to have a terrific crop of fiber, iron, Vitamin A, C and D! For now, enjoy the last of the tomatoes and the last week of a summer August headed for the record books!!

Enjoy the harvest, Amy & Segue



Our Best Guess for what's in your Share:  
red cabbage, potatoes, eggplant, lettuce (?), basil, cucumbers, tomatoes, zucchini, and...

**Acorn Squash:** We distribute squash in the reverse order in which they keep (meaning, the squashes that don't store as well, we distribute first). This week we've got acorn; then comes delicata, carnival, pie pumpkin, buttercup, and butternut. *All squashes can be used the same way--slice in half, scoop out seeds, place face down on a baking sheet with a little oil, and bake at 350 degrees until the squash is soft. You can then use them as a side dish, in soups, in bread or pancakes, or stuff them for a main course. We should have them through November.*

**Red onions:** these are a beautiful deep red color and slightly sweet. We'll have these for a couple weeks and then start giving out the yellow storage onions.



What's For Dinner: Baked Acorn w/Pine Nuts & Garlic  
from "The New Mayo Clinic Cookbook"

*Acorn squash cooks quickly and takes on an elegant appearance when sliced into rings and roasted. For easier cutting, microwave whole unpeeled squash on high for a few minutes to soften them.*

1 large or 2 small acorn squash  
1 T olive oil  
1/4 tsp salt  
8 cloves garlic, halved  
1 T pine nuts  
1/4 tsp freshly ground black pepper

Preheat the oven to 400 degrees. Coat a shallow baking dish with oil. Cut the squash crosswise into rings 1/2 inch thick, leaving the peel intact. Scrape the seeds out of the center of each ring and discard. Place the rings in the prepared baking dish in a single layer, allowing them to overlap slightly. Brush with olive oil and sprinkle with salt. Bake for 15 minutes. Meanwhile in a small bowl toss the garlic with 1.5 tsp olive oil. Sprinkle the garlic and pine nuts evenly over the squash rings and continue baking until the squash is tender and the pine nuts are lightly browned, 10-15 minutes longer. Season the squash rings with salt and pepper. Serve immediately. Makes 4.

## Putting Food By...

Basil Pesto is an easy sauce to put up in your freezer for a quick winter pasta meal. It can be frozen in ice cube trays and then the cubes popped out and put in a plastic bag for quick portion-ready additions, or larger batches can be stored in plastic containers. You can make a basic pesto with only basil and olive oil or more lavish with pine nuts and parmesan. You decide!

3/4 cup extra virgin olive oil  
1 garlic clove  
1 T pine nuts or walnut pieces  
1/4 tsp salt  
1/3 cup freshly grated Parmesan  
4 cups fresh basil leaves

Place all ingredients except basil leaves in blender or food processor. Blend until smooth, then add basil, a handful at a time, blending until all the basil is incorporated and the pesto is somewhat smooth. Makes 1 cup.



### Deceptively Delicious...

I just read about this new cookbook written by Jessica Seinfeld (yes, Jerry Seinfeld's wife!) entitled "Deceptively Delicious: Simple Secrets to Get Your Kids Eating Good Food". It is filled with recipes in which vegetables are hidden in kid's favorite dishes; for example, butternut squash macaroni & cheese; spinach and carrot brownies; cauliflower chicken nuggets. No more "Eat Your Vegetables!"



## JUST A REMINDER!

- \***Distribution** goes through **November 16th!**
- \***St. Louis members** please pick up promptly at your distribution site between 2-7 PM. If you know you are going to be late please call your site coordinator. If you need to reschedule a week or you need a break from all the veggies, call the farm and we can change your week or donate your produce to our local food pantry. **And please remember to break down and return your box.**
- \***On-farm members**, pick up is Tuesday and Friday only, from 2-7 PM. You can come either day!
- \***Renewals for 2008** will begin the first week of October (more info on how this will work as the date draws near, but we are astounded to report that we have 130 people on our waiting list for next year already!)
- \*Our **Harvest Dinner** is **November 10th** at 5PM! We are planning to **sell** our farm-raised **pork** after the party (more info about this in October).